

## DAIRY FREE VEGETARIAN LASAGNE

### Ingredients

#### **Veggies**

2 cups pumpkin, thinly sliced  
4 zucchinis, thinly slice lengthways  
1 eggplant, thinly sliced  
4 cups button mushrooms, finely sliced and sautéed in olive oil and seas salt and cracked pepper  
2 tbs olive oil  
Sea salt and cracked peppe

#### **Method:**

**For the veggies** - Lay the veggies over two trays and drizzle with olive oil and seasoning. Stir with your hands to coat then bake on an moderate (180C) oven for about 30m minutes or until they're soft. Remove from the tray and set aside.

**Red sauce** - sauté the onions in the olive over a medium heat until stating to soften. Add the garlic and continue to sauté for another 30 secs. Add the tomatoes, paste bay leaf, oregano and saffron threads. Let simmer for about 30 minutes. Turn off the heart and stir through the mashed tofu. Taste for seasoning then seta aside

**White sauce** – melt the omega spread or pour the oil into a pot over medium heat. Whisk in the flour to make a paste then slowly pour in the milk, constantly whisking until you have a smooth sauce. You may need to add more milk or water if you'd like it less rich. Now add the mustard and seasoning.

To assemble – Pour about ½ cup of the red sauce on the bottom of a lasagne dish then top with a layer of lasagne sheets. (Break to fit if need be.) Top this with a layer of pumpkin and top with basil and cracked pepper. Top with lasagne sheets then a layer of zucchini. Top this with the white sauce and parsley. Now more lasagne sheets. Then a layer of mushrooms, and red sauce, basil and cracked pepper. Lastly a layer of eggplant, white sauce, parsley then lasagne sheets. The top layer will be a layer of red sauce then white sauce.

Bake in a moderate oven for about 30-40 minutes or until the sheets are soft. By using a skewer. It should go through the pie easily. Let it sit for about 20 minutes before serving. Or it freezes beautifully or keeps in the fridge a few days.

Source: <http://sanremo.com.au>



### Ingredients

#### **Red Sauce**

1 tbs olive oil  
1 onion, diced  
2 cloves garlic, crushed  
1 400g can chopped tomatoes  
1 tbs tomato paste  
1 bay leaf  
1 tsp dried oregano  
1 tsp saffron threads  
1 small pkt firm tofu, mashed

#### **White Sauce**

2 tbs omega spread or olive oil  
1/3 cup spelt flour  
2 cups soy milk  
1 tsp Dijon mustard  
1 pkt San Remo gluten free lasagne sheets  
Sea salt and cracked pepper to taste  
½ bunch fresh basil leaves  
½ bunch parsley, chopped  
Cracked pepper